



Green Chile Mac and Cheese



Vegetarian

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READY IN

ready

65 min.

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SERVINGS

servings

12

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CALORIES

calories

457 kcal

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SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz chiles green drained chopped canned
- ☐ 1.5 cups corn chips crushed
- ☐ 1 pound elbow macaroni
- ☐ 0.5 cup flour all-purpose
- ☐ 2 jalapeños seeded finely chopped
- ☐ 4 cups milk low-fat warmed
- ☐ 1 small onion chopped
- ☐ 2 cups pepper jack shredded

- ☐ 12 servings salt and pepper
- ☐ 2 cups sharp cheddar shredded
- ☐ 6 tablespoons butter unsalted

Equipment

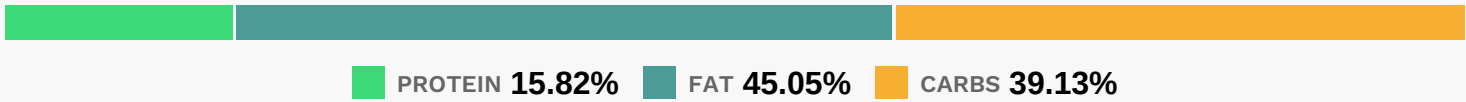
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375F; line a large baking sheet with foil. Bring a large pot of salted water to a boil. Cook macaroni until al dente, about 8 minutes, or as label directs.
- ☐ Drain; rinse under cold water.
- ☐ Melt butter in a large skillet over medium-low heat.
- ☐ Add onion and jalapeos and saut until soft, about 10 minutes.
- ☐ Sprinkle flour on onion mixture and cook, stirring constantly, 3 minutes. Slowly whisk in milk. Raise heat to medium and slowly bring to a simmer, stirring constantly. Cook for 2 minutes. Stir in chiles. Set aside 1/2 cup of Cheddar.
- ☐ Add remaining Cheddar and all pepper Jack to skillet and cook, stirring, until all cheese has melted. Season with salt and pepper.
- ☐ Add pasta to skillet; stir. Mist a 13-by-9-inch baking dish with cooking spray and pour in pasta mixture.
- ☐ In a bowl, combine corn chips with reserved 1/2 cup Cheddar; sprinkle over pasta.
- ☐ Place dish on lined baking sheet; bake until pasta mixture is bubbling and top is golden, 40 to 45 minutes.

Let rest for 5 minutes; serve.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:3.18, Inflammation Score:-6, Nutrition Score:14.416521715081%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 456.57kcal (22.83%), Fat: 22.9g (35.22%), Saturated Fat: 11.85g (74.09%), Carbohydrates: 44.74g (14.91%), Net Carbohydrates: 42.47g (15.44%), Sugar: 5.46g (6.07%), Cholesterol: 54.58mg (18.19%), Sodium: 595.66mg (25.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.09g (36.18%), Selenium: 36.37µg (51.96%), Calcium: 406.89mg (40.69%), Phosphorus: 355.37mg (35.54%), Manganese: 0.45mg (22.34%), Vitamin B2: 0.33mg (19.7%), Zinc: 2.34mg (15.62%), Vitamin A: 711.74IU (14.23%), Vitamin B12: 0.85µg (14.13%), Magnesium: 50.54mg (12.64%), Vitamin C: 9.66mg (11.71%), Folate: 38.29µg (9.57%), Vitamin B6: 0.19mg (9.45%), Vitamin B1: 0.14mg (9.27%), Fiber: 2.28g (9.1%), Vitamin E: 1.29mg (8.62%), Potassium: 297.92mg (8.51%), Vitamin D: 1.2µg (7.98%), Copper: 0.15mg (7.27%), Iron: 1.3mg (7.24%), Vitamin B5: 0.69mg (6.87%), Vitamin B3: 1.32mg (6.58%), Vitamin K: 2.69µg (2.56%)